



**41<sup>st</sup> LAKE PARK HARVEY BRAUS  
CROSS COUNTRY INVITATIONAL  
"THE HARVEY"  
LAKE PARK HIGH SCHOOL- EAST CAMPUS  
ROSELLE, ILLINOIS**

**"41 YEARS AND STILL RUNNING!"**

The Lake Park High School staff welcomes you to the 41<sup>st</sup> running of the Lake Park *Harvey Braus* XC Invitational. We hope your experience in this meet will be rewarding and enjoyable. The following information is being sent to acquaint you with procedures for the day.

Please read all of the information closely and follow all directions included in this packet. Thank-you.

**DATE:** Saturday, September 12, 2015  
**STARTING TIME:** Boys' Junior-Senior Race will begin at 8:30 A.M.  
**LOCATION:** Lake Park High School – East Campus  
600 S. Medinah Road  
Roselle (between Irving Park and Lake Street)

**LEVELS, DISTANCE, ORDER OF EVENTS:**

**\*\*All races will be team scoring races\*\***

- |    |                                |  |                    |
|----|--------------------------------|--|--------------------|
| 1. | <b>Boys' Juniors-Seniors :</b> | Unlimited Entries 8:30 a.m. START                          | Distance 3.0 miles |
| 2. | <b>Girls' Varsity:</b>         | Only <b>8 runners (7 scoring)</b> – may be from any class. | Distance 3.0 miles |
| 3. | <b>Boys' Varsity:</b>          | Only <b>8 runners (7 scoring)</b> – may be from any class. | Distance 3.0 miles |
| 4. | <b>Girls' Junior Varsity:</b>  | <b>10 runners</b> – may be from any class                  | Distance 3.0 miles |
| 5. | <b>Boys' F/S:</b>              | Unlimited Entries  | Distance 2.0 miles |
| 6. | <b>Girls' Open:</b>            | Unlimited Entries  | Distance 2.0 miles |

**PACKET PICK-UP:**

Coaches should report to the tent located at south end of stadium upon arrival to pick up team packets. A coach must see a representative from Real Timing, Inc. for instructions regarding the computer chip procedures for the meet.

**COMPETING TEAMS**

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School	Boys	Girls
Bartlett	X	X
Deerfield	X	X
Elk Grove	X	X
Elgin	X	X
Glenbard West		X
Glenbrook North	X	X
Glenbrook South		X
Harlem	X	X
Hoffman Estates	X	X
Huntley	X	
Jones College Prep	X	X
Lake Park	X	X
Lincoln Park	X	X
Maine South		X
Maine West	X	X
Metea Valley	X	X
Niles North		X
New Trier	X	X
Oak Park and River Forest	X	
Plainfield East	X	
Prospect	X	X
Schaumburg	X	X
South Elgin	X	X
St. Charles East	X	X
St. Charles North		X
St. Ignatius	X	X
Streamwood	X	X
Wheeling	X	

**AWARDS:**

1.	Girls' Varsity:	1 through 15 16 through 30 3 Team Trophies	Large Medals Small Medals
2.	Boys' Varsity:	1 through 15 16 through 30 3 Team Trophies	Large Medals Small Medals
3.	Girls' Junior Varsity:	1 through 15 16 through 30 3 Team Trophies	Small Medals Ribbons
4.	Boys' Freshmen/Sophomore:	1 through 15 16 through 30 3 Team Trophies	Small Medals Ribbons
5.	Girls' Open:	1 through 15 16 through 30 3 Team Trophies	Small Medals Ribbons
6.	Boys' Junior/Senior:	1 through 15 16 through 30 3 Team Trophies	Small Medals Ribbons

**AWARD CEREMONY:**

Will be in the soccer stadium, weather permitting; or in the gymnasium if weather is inclement. Complete results will be available for coaches at the conclusion of the awards ceremony

**DRESSING:**

Participants must dress at home. Restroom facilities will be provided in the cogeneration building and track stadium concession stands. Tell athletes to use only ¼" spikes. Runners will wear chips on either ankle.

**CONCESSION STAND:**

The stadium concessions stand will be open throughout the meet and is Provided by volunteers of the Lake Park Athletic Booster Club.

**MEET T-SHIRTS:**

Please inform your athletes and parents that multi-colored COMMEMORATIVE MEET T-SHIRTS will be offered for sale for \$15.00 per shirt. These shirts will be available at the concession stand.

**COURSE:**

Course map available online at [www.realtiminginc.com](http://www.realtiminginc.com)

Instruct non-competing athletes, spectators and parents to stay off the track and soccer field and behind all roped-off areas, so as not to impede runners.

**BUS DROP-OFF**

Instruct bus drivers to proceed south of the school to Foster Avenue. Go west on Foster half a mile to the Medinah Baptist Church. Turn right into the church lot and proceed north to the gate that allows access to the Lake Park athletic fields. Drop-off and pick up will be done here.

**BUSES MAY NOT PARK IN THE MEDINAH CHURCH LOT.** Busses can then return to Medinah Road and park in the new lot in front of Lake Park East Campus.

**SPECTATOR PARKING:**

Spectators can park in the Medinah Baptist church lot, and in the lots in front of The school. There will be no parking available behind the school

**FINISH LINE & SCORING:**

1. Give the correct chip to each runner (This will be based on the master list provided for your team.)
2. An open finish line system will be used.
3. Instruct your runners to simply run past the finish line. The computer chip will automatically record their place and time.
4. There will be no finish chute, so instruct your runners to exit the finish area quickly when they have finished
5. Coaches are expected to collect the chips from their athletes at the conclusion of each race and return chips to the team bag. Team bags can be turned in at the tent located north of the finish chute.

We look forward to hosting this event, and please contact us if you have any questions.

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